



Healthy and Beautiful with Coconut Oil

Cynthia Holzapfel, Laura Holzapfel

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Coconut oil multitasks as a medicine, beauty aid, and culinary ingredient. An asset to your health, coconut oil has an impressive list of benefits. Learn how it helps prevent and reverse heart disease, doesn't raise cholesterol levels, reduces inflammation and immune responses caused by allergies, boosts metabolism and enhances weight loss, soothes the digestive system, and kills certain types of bacteria, viruses, funguses, yeasts, and disease-causing germs.

As a beauty aid, coconut oil promotes beautiful hair and skin as well as protects against free radical damage that causes aging.

In the kitchen, coconut oil is the perfect choice for baking and frying because it doesn't break down at high temperatures and won't create harmful trans fats. It keeps cakes and pastries moist and fresh, making it the ideal replacement for hydrogenated oils. Included is a selection of delicious, healthful recipes.



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